



LEADER GUIDE

DON'T BE DIFFERENT ALONE

04.25.2018

ANXIETY

THE POINT

Our Father is waiting to carry the weight with us.

LEADER NOTES

We want to be very clear when we talk about anxiety. Because anxiety is a mental disorder that some of our students have no doubt been diagnosed with, we don't want to cause students to believe that they should stop taking their medications or downplay the seriousness of seeking help. Treat this topic with a sensitivity that errs on the side of caution. Also, encourage your students to seek out help if they think they are struggling with anxiety. Seeking help doesn't make them weak; it makes them wise.

GROUP CHALLENGE

Recall the truth you internalized about God during *Sunday's Coming*. Remember that truth still applies even in the face of anxiety.

YOUVERSION BIBLE PLAN

How to be Happy

SCRIPTURE

Psalm 55:22 NIV

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

Matthew 11:30 NIV

"For my yoke is easy and my burden is light."

SWITCH GROUP QUESTIONS

CHOOSE THE BEST ONES FOR YOUR GROUP.

GET GOING: ICEBREAKERS/ACTIVITIES/HANG OUT TIME

- What stood out about the message for you?
- What's the difference between stress and anxiety?
- Have you ever casually used the phrase, "I'm having an anxiety attack"? What moment made you feel that way? Were you kidding or serious?

GET TALKING: DISCUSSION/CONVERSATION

- Do you know anyone who deals with anxiety?
- Studies say that the leading mental disorder in the U.S. right now is anxiety. Why do you think anxiety is such a common disorder in our society?
- How do you deal when you are facing the pressures of this world?

GET SPIRITUAL: BIBLE VERSES/SPIRITUAL APPLICATIONS

- Read **Psalm 55:22 NIV**, printed on this guide. What does this verse mean?
- Think about the word "sustain." How is it different from just making you feel better?
- David wrote that verse at a time when he was being chased down to be murdered. Does that change the way you see this verse? If so, how?
- Read **Matthew 11:30 NIV**, printed on this guide. What does God mean when He says His burden is easy and His yolk is light?
- In the message, Carlos gives us five ways to trust God with anxiety: in prayer, worship, relationships, God's Word, and God's process. Which ways come easiest to you? Which ways are harder for you?
- Carlos also reminds us that God is waiting to carry the weight with us. Are there areas in your life where you doubt God's attention and specific care for you? Why is that?

GET PRACTICAL: ACTION STEPS

(Leaders: Get your students' contact info so that you can follow up with them this week.)

- When we turn our thoughts away from our inward worry and toward God, we can begin to experience His peace. What areas of your life do you tend to worry about?
- If you know someone who is constantly stressed or if you suspect someone is dealing with anxiety, what support and truth can you offer to them?
- This week, choose one of Carlos's five ways to trust God to focus on. Commit to doing it every day this week and report back how you feel next week.
- Take a moment to sit in peace with your students.

GET PRAYING

- Pray specifically that students will begin to recognize and seek God's peace that surpasses all understanding.
- Pray that students dealing with anxiety will find the help they need.
- Pray for anything else students might need prayer for.
- Either have a leader pray, a student pray, or students pray for each other.